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Tuesday, January 8, 2019 metro.us | t: MetroNewYork | f: MetroNewYo

GETTY IMAGES

‘PROJECT BLUE BOOK’

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BACK TO THE ’BURG

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ISTOCK

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5 THINGS TO KNOW

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KRISTIN TOUSSAINT, REPORTER

I don't rely on the L train, but Gov. Andrew Cuomo's announcement last week that a complete shutdown of the line was no longer necessary was still a surprise. For others who live along the line, the last-minute change of plans was a bigger blow. Having anticipated more than a year without train service, many New Yorkers moved before Cuomo issued his update. The new plan, meant to bring relief to Brooklynites, was too little, too late for some. And now, the future of Williamsburg could be changed as well. Read more inside and at **metro.us.**

COURT REJECTS CA FOIE GRAS BAN CHALLENGE

1 The U.S. Supreme Court on Monday rejected the latest challenge to California's ban on foie gras, a delicacy produced from the enlarged livers of ducks and geese that have been force-fed corn. The court declined to hear an appeal by producers of foie gras, including the Association des Eleveurs de Canards et d'Oies du Quebec, a Canadian nonprofit that represents duck and goose farmers. In doing so, the high court left intact a 2017 ruling by the San Francisco-based 9th U.S. Circuit Court of Appeals upholding the law. Animal rights groups contend that the force-feeding process is painful, gruesome and inhumane. California enacted the law in 2004 but it did not go into effect until 2012. The Supreme Court in 2014 rejected an earlier appeal brought by producers and restaurants. Foie gras means "fatty liver" in French. The product is made by force-feeding corn to ducks and geese to enlarge their livers, which are harvested to make gourmet dishes. The law specifically bans any product created by "force-feeding a bird for the purpose of enlarging the bird's liver beyond a normal size."

AIRPORT STAFFING DURING SHUTDOWN QUESTIONED

2 The chairman of the U.S. House Homeland Security committee has asked the Trump administration how it is ensuring adequate staff at airports as some transportation employees fail to show up for work due to a partial U.S. government shutdown. Rep. Bennie Thompson, a Democrat, also asked the Transportation Security Administration (TSA) for the exact number of employees who are calling in sick and if the agency has a contingency plan for future mass absences or resignations of its screeners. More than 50,000 TSA officers are working without pay during the shutdown that began Dec. 22. They will be paid for back wages when the government reopens. "TSA officers are among the lowest paid federal employees, with many living paycheck-to-paycheck," Thompson wrote in a letter Monday released by his office. "Officers may not be able to pay for rent, child care and other necessities if their paychecks do not arrive on time ... It is only reasonable to expect officer callouts and resignations to increase the longer the shutdown lasts, since no employee can be expected to work indefinitely without pay."

GOV. CUOMO AND HILLARY CLINTON MAKE RHA ANNOUNCEMENT IN NY

3 Former Secretary of State Hillary Clinton and New York Gov. Andrew Cuomo smile at the end of an event to discuss reproductive rights at Barnard College on Jan. 7, 2019, in New York City. The two Democrats shared the stage to promote the Reproductive Health Act in New York, which Cuomo wants the State Legislature to pass in the first 30 days of its session. Under New York's current law, abortions after 24 weeks are illegal unless it is necessary to save the woman's life.

GETTY IMAGES

UBER DRIVER PLEADS GUILTY TO KILLING SIX

4 An Uber driver accused of fatally shooting six people in Michigan and wounding two others while on the job pleaded guilty to all charges on Monday, after initially blaming the ride-sharing company's app for compelling him to kill. Jason Dalton, 48, was charged with 16 counts, including six counts of murder and two counts of attempted murder after his nearly five-hour shooting spree on Feb. 20, 2016, in Kalamazoo, about 150 miles west of Detroit. In April 2016, a judge ruled that Dalton was mentally competent to stand trial after psychiatrists determined he understood the charges against him. Two months later, prosecutors said Dalton's attorney, Eusebio Solis, told them the defendant intended to file a motion to use the insanity defense. After his guilty plea on Monday, Dalton faces a life sentence without parole, Kalamazoo Prosecuting Attorney Jeffrey Getting said in a statement. Solis did not immediately respond to Reuters' request for comment. Dalton submitted his guilty plea while jury selection was taking place in Kalamazoo County court, where he was standing trial this week.

EX-FRENCH BOXING CHAMP PUNCHES COP, SURRENDERS

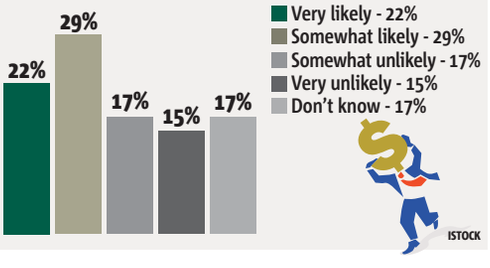
5 A former French boxing champion filmed landing punches on riot police during a "yellow vest" protest in Paris last weekend turned himself in on Monday, saying he was defending himself. Christophe Dettinger, who was twice national light-heavyweight champion, was caught on camera jumping over the railings of a pedestrian bridge blocked by baton-wielding police before swinging blows at the officers, forcing them to retreat. Nicknamed the "Gypsy of Massy," the 6-foot-4 Dettinger was taking part in an eighth Saturday of anti-government protests that have undermined President Emmanuel Macron's authority. The demonstration began peacefully but turned aggressive as police fired tear gas to prevent protesters, who torched cars and burned barricades, from reaching parliament. "I was gassed with my friend, my wife, and at some point I was taken over by anger, so yes I acted badly. I acted badly, but I defended myself," Dettinger said in a video posted on Facebook before he handed himself in to police who arrested him. Interior Minister Christophe Castaner described Dettinger's assault as "cowardly and intolerable."

STATS

YOUGOV.COM

NATIONAL EMERGENCY?

President Trump has said he "may declare a national emergency" in order to obtain the funds to build a wall along the U.S. border with Mexico. How likely or unlikely do you think it is that President Trump will declare a national emergency in order to build the wall?



ISTOCK

Actor Kevin Spacey denies sexually assaulting teen on Nantucket

Actor Kevin Spacey leaves Nantucket District Court after being arraigned on sexual assault charges. GETTY IMAGES

The Oscar-winning actor did not speak during the brief pretrial hearing, while a judge ordered Spacey not to contact his alleged victim.

Former "House of Cards" star Kevin Spacey on Monday pleaded not guilty to sexually assaulting an 18-year-old man at a bar in Nantucket more than two years ago, while a judge ordered the man to preserve his mobile phone data from the time.

Dressed in a gray suit and tie, Spacey did not speak during a brief hearing in Nantucket District Court to face one count of felony indecent assault and battery, though a plea of not guilty was entered on his behalf by the court.

Spacey's lawyer Alan Jackson persuaded Judge Thomas Barrett to order Spacey's alleged victim to keep all data from his cellphone for six months following the July 7, 2016, incident. Jackson said the data was "likely exculpatory."

Jackson said in court papers that police reports showed the 18-year-old busboy exchanged numerous text messages and Snapchat videos with his then-girlfriend about his interactions with Spacey at the Club Car bar on the beach resort island off the coast of Massachusetts but never mentioned the alleged sexual assault.

Spacey could face up to five years in prison if convicted.

His appearance in a crowded courthouse surrounded by television trucks came at what is normally a quiet time of year the island, a former whaling hub.

The 59-year-old actor is one of dozens of men in entertainment, business and politics who have been accused of sexual misconduct since accusations against movie producer Harvey Weinstein in 2017 sparked the #MeToo movement.

Spacey became embroiled in controversy in October 2017 when actor Anthony Rapp accused him of trying to seduce him in 1986 when Rapp was 14.

Spacey apologized for inappropriate conduct with Rapp. The controversy led to Spacey being dropped from the Netflix television series "House of Cards" and erased from the film "All the Money in the World."

"My client is a determined and encouraging voice for those victims not yet ready to report being sexually assaulted."

Mitchell Garabedian, attorney for the accuser

The Nantucket allegations were first raised in 2017 by former Boston television journalist Heather Unruh, who told reporters Spacey groped her teenage son.

The victim told police Spacey had bought him several rounds of beer and whiskey and said at one point, "Let's get drunk," according to charging documents.

As they stood next to a piano, Spacey groped Unruh's son, the busboy told investigators.

Reuters is not identifying Unruh's son because he is an alleged victim of sex assault.

"My client is a determined and encouraging voice for those victims not yet ready to report being sexually assaulted," attorney Mitchell Garabedian said in an email. REUTERS

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BPL creates government shutdown reading list

The library is offering references on everything from tax returns to national parks during the shutdown.

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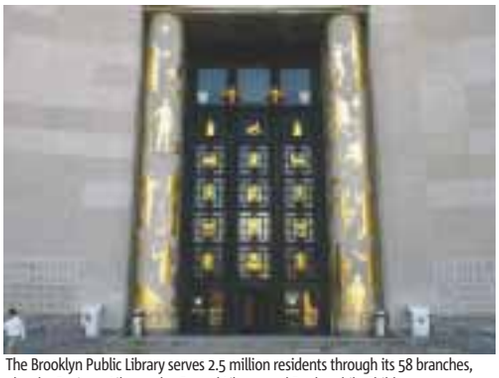

The Brooklyn Public Library serves 2.5 million residents through its 58 branches, plus the Business Library, the Central Library and Bookmobile Children. GETTY IMAGES

Monday marked the 16th day of the government shutdown, but even though your trip to a national park may have been postponed, you can still explore federal lands and learn what exactly those government agencies do when they're actually open thanks to the Brooklyn Public Library.

A librarian with the Brooklyn Public Library has put together a "books for the government shutdown" reading list, suggesting relevant nonfiction texts and even novels in light of the federal halt.

The shutdown is affecting more than 50,000 people in the New York City area, Sen. Chuck Schumer said at a Sunday news conference.

Even if you're not a federal worker, the government shutdown can impact your life, affecting everything from the IRS to FHA mortgage loans for homebuyers.

When you can't turn to a government agency, you can turn to the library, said Corina Bardoff, the librarian who created the reading list.

"I was using this piece of news as a way to highlight library collections and show all the different things you can do at the library," she said. "We have novels for pleasure reading, but we also have books to help you file your taxes or if you want to learn how a government agency works, you can read about that."

Bardoff made the book list through the Brooklyn Public Library BKLYN BookMatch program.

"A patron from anywhere can request a customized, personalized concierge-style list from a librarian," said Fritzi Bodenheimer, a BPL rep. "No algorithm, just an actual human being. You can say, 'I loved these kinds of books in the past' or 'I really want to learn about this subject,' and they will create a customized list."

To highlight recent news about national parks — like how Joshua Tree closed after having issues with clean bathrooms and visitors causing damage during the shutdown — Bardoff included a big pictorial book as well as a narrative memoir of people traveling to different parks. There's a book on the Smithsonian treasures, since all 19 Smithsonian museums are closed.

Then there's "The Jungle," by Upton Sinclair, which helped prompt the founding of the Food and Drug Administration. Bardoff wanted to highlight fiction, as well, like "The Pale King," by David Foster Wallace, which is about an IRS agent.

Some selections are lighthearted, but Bardoff knows that people rely on the library for some federal services, whether there's a government shutdown or not.

"I wanted to show people that the library can be a way for you to learn how the government works, and also every day, I definitely help people interact with the government, whether they're trying to access a service or register to vote," she said.

The BPL reading list

- *"The National Parks: America's Best Idea"* by Duncan Dayton
- *"Before They're Gone: A Family's Year-long Quest to Explore America's Most Endangered National Parks"* by Michael Lanza
- *"The Jungle"* by Upton Sinclair
- *"Permanent Emergency: Inside the TSA and the Fight for the Future of American Security"* by Edmund S. Hawley
- *"Accidental Heroes"* by Danielle Steel
- *"Environmental Protection: What Everyone Needs to Know"* by Pamela Hill
- *"Guaranteed to Fail: Fannie Mae, Freddie Mac and the Debacle of Mortgage Finance"* by Viral Acharya et al.
- *"The Transformation of Wall Street: A History of the Securities and Exchange Commission and Modern Corporate Finance"* by Joel Seligman
- *"No One Would Listen: A True Financial Thriller"* by Harry Markopolos
- *"Your Income Tax 2019: For Preparing Your 2018 Tax Return"* by J.K. Lasser
- *"The Pale King: An Unfinished Novel"* by David Foster Wallace
- *"Smithsonian Treasures of American History"* by Kathleen M. Kendrick

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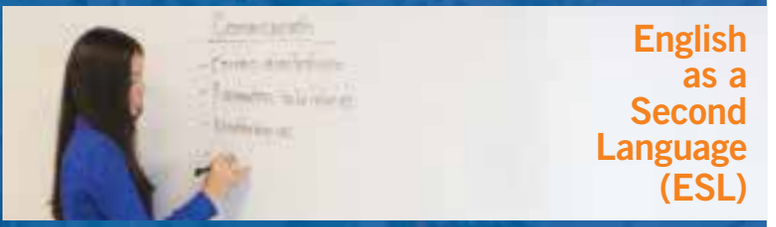

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ISTOCK

With no L train shutdown, a Williamsburg migration could be coming

Many New Yorkers moved before the planned 15-month shutdown. Now what?

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Up until last Thursday, New Yorkers had been preparing to weather the storm of the L train shutdown for years. For some, the best way to deal with 15 months of no train service was to move.

DUMBO Moving CEO Lior Rachmany said his company had moved about 400 people out of areas served by the L train in the past six months alone, which stands out from previous years.

"There was a trend of moving out … in the same area, but not on the L line. You can tell from just Point A to Point B that the movements were because of [the L train shutdown]," Rachmany said. "We don't usually ask the customers [why they move], but they have mentioned, 'I want to move before they're shutting it down, what's the best time of the year to do that?'"

From July to September 2018, DUMBO Moving helped about two or three people a day schlepp their stuff away from mostly Williamsburg, Bushwick and Stuyvesant Town.

Those numbers increased between October and December, the moving company said. On Jan. 3, 2019, Gov. Andrew Cuomo announced that a full L train shutdown wouldn't be necessary.

Ellen Wilson, 23, lived in East Williamsburg off the Montrose Avenue L train stop. Her lease ended on Nov. 15, so she and her roommate moved to the Upper West Side.

"I really like my new area. I'm not angry about it because I dislike where I'm living," she said. "But I did lose a ton of amenities that I had before, and had to pay a ton of money to move, because moving is expensive."

Wilson estimates her new place, which she shares with a roommate, is about $200 more a month than her East Wil-

New York Gov. Andrew Cuomo announced that the L train tunnel between Manhattan and Brooklyn won't close completely for 15 months. GETTY IMAGES

liamsburg apartment, and that's without the AC and the elevator her previous digs had.

Practically her whole building and most of her friends moved, she said. One friend owns a bar in the area, and though she's excited for him that the L train shutdown is canceled, he's still concerned, he told her, because "everyone's already moved anyway."

"This is the first time that I just truly felt screwed over by the government," she said, "because the thing is just so political. It just seems like everyone's saying [Cuomo] wants to run for president in 2020."

L train shutdown prompted life changes, some say

But not everyone has movers regret. Nick Kelly, 30, lived in the East Village and works near Grand Central, but often spends his nights and weekends in Williamsburg. He decided to move in November and ended up in Long Island City, just a few days before the announcement of Amazon HQ2 in Queens.

"It's funny because on the one hand, I was like, 'I can't believe that [Cuomo's announcement] didn't come out a little bit sooner,'" he said. "But on the other hand, Long Island City — the vibe is so drastically different from the East Village. It's calmer, quieter and a little bit more adult, which I realized quickly that I appreciate a lot.

"I thought for a minute that I would regret it," he added, "but I think that moving out of Manhattan was a little bit of a lifestyle change for me, and it allows me to still do all the things that I'm passionate about over in the Brooklyn area."

Rachmany, CEO of DUMBO Moving, thinks many of his customers used this moment to change their lives, whether moving in with a partner or moving to a more family-oriented neighborhood.

"This is the first time that I just truly felt screwed over by the government."
Ellen Wilson

He also saw residents moving into Williamsburg, scoring deals with landlords desperate for tenants during the L train shutdown.

North Brooklyn rents fell a cumulative 1.5 percent since the L train shutdown was first announced in April 2016, according to StreetEasy Senior Economist Grant Long, while rents in the borough increased a cumulative 3.3 percent.

Now, though, that's expected to take a turn.

"[Brokers] are predicting a trend of great migration into Williamsburg again," said Rachmany, who often meets with brokers to get insight into the real estate market.

"Predictions are that prices are going to go up and finally the new developments are going to prove themselves," he added, "because there are some buildings sitting half-empty."

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The Amazon HQ2 deal isn't as great for NYC as it's been billed, according to New York State Sen. Mike Gianaris. REUTERS

Seattle lawmakers warn how Amazon HQ2 will impact New York City

New York has the chance to reel the company in when it comes to taxes, zoning and labor standards.

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Seattle lawmakers painted a grim picture on Monday of how Amazon has morphed their city, warning New York officials to do more to protect New Yorkers from Amazon HQ2 in Queens and the possible "Seattle-ization" effect of the tech giant.

"In 2012, right when Amazon consolidated [its workforce in the South Lake Union neighborhood], Seattle was 35 percent above the national average of housing cost," said Seattle City Council Member Teresa Mosqueda. "Just last year, it's 113 percent above the national cost."

Amazon's presence in Seattle, local lawmakers said, has resulted in more gentrification, an increase in the homeless population and forced black and Latino residents further out of the city and away from their jobs.

"We've seen the headlines over and over in Seattle, that Seattle is not only getting poorer but getting whiter and getting richer in terms of more income inequality," Mosqueda said.

Mosqueda brought up the Seattle head tax issue, saying that Amazon executives agreed with the city and then turned around and funded the opposition effort.

"They did not keep their word," she said, "and we saw not just an attack on policy, but on the very existence of public policy-making."

With its HQ2 in Queens, Amazon could steamroll New York City in the same way, experts warned, if officials don't require that the tech company contribute to the city it is benefitting so much from.

The city and state have been criticized for offering $3 billion in subsidies to Amazon, but officials have said those subsidies will help bring big benefits, like 25,000 new jobs, to residents.

But the Amazon HQ2 deal isn't as great for New York City as it's been billed, said New York State Sen. Mike Gianaris.

"We're talking about 25,000 jobs over 10 to 15 years, as if it's going to turn the city's economy in a new direction. New York City over the last several years has been producing 90,000 jobs every single year," he said.

"Even if this comes to fruition, you're talking about an average of 2,000 jobs a year added on to that," he added. "We're creating 90,000 jobs without giving away money to Amazon, and yet we're supposed to load up $3 billion in a truck and give it to them just to get an extra 2,000 every single year."

So, where to go from here? Seattle lawmakers stressed that New York needs to fight back.

"Amazon is a part of people's daily lives. They don't want to think negatively of an entity they rely on for things brought to them conveniently," said Seattle City Council Member Lisa Herbold. "You can make Amazon contribute to things the city needs — housing, schools, city parks — while also building workforce pipelines. Workers only win when they bargain."

New Yorkers should also be prepared, Herbold said, to shift the conversation away from philanthropy. Though Amazon execs might highlight all the money they donate, "we are in a modern gilded era," she said, "and charitable gifts don't solve infrastructure issues or inequalities."

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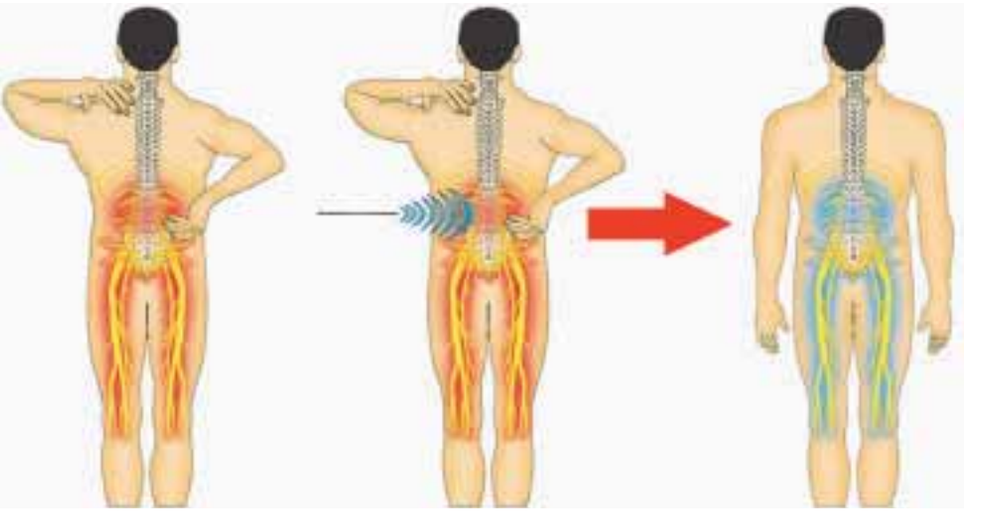

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One of the reasons they offer those first step free screenings, is because it has opened the door to so many people to get help that they never would have otherwise.

At the very least, you will finally have some direction and a plan. And... whether you have the best, worst or no insurance at all, *NYC Pain MD* programs can be made affordable to everyone

They do not want insurance issues… or not being rich or famous… to keep you away if you are suffering in pain.

How To Schedule Your Risk-Free No-Obligation Screening Evaluation

There is a whole lot more I could say about their treatments etc… but this space is limited and that's best left for you and the doctors to discuss in person.

So… if you are even remotely interested … take the a first step and give them a call at **877-245-9252** and ask for your free screening.

One more thing... We often get over 100 calls in a single day. For that reason, if when you call you do not get a live scheduling coordinator, make sure to leave your name, number and time of your call on our voicemail. They will get back to you as soon as possible. Again, the number to call is **877-245-9252.** More info at: *painmdny.com/back-pain*

BEST LOOKS FROM THE 2019 GOLDEN GLOBES

Metro highlights the top outfits from the red carpet of the annual ceremony that honored the best in film and television in 2018.

The opening of the awards season revived the classic majesty of legendary Hollywood stars. At the 2019 Golden Globes, viewers experienced a visual journey from classic to risky outfits. Men used canons with more relaxed textures and spectacular elements without failing the traditional suit. Metro highlights the looks that shined the most.

PABLO CAVADA | METRO WORLD NEWS
ALL PHOTOS GETTY

Lady Gaga

Again in Valentino, the singer showed that "A Star Is Born" is the essence of Hollywood. Gaga stated that there is no one better than her to embody the drama. This time she used a touch of blue, even in her hair.

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Rosamund Pike

The nominee for "A Private War" showed that she can be a queen while using elements that could otherwise fail on the red carpet: sequins, bullfighters, ruffles and cutouts. Although at first sight this combination doesn't seem to work, the mastery of Givenchy solved it together with perfect proportions of each element and a style that allowed the outfit to speak for itself.

Charlize Theron

The 43-year-old wore a minimalist dress with a pussy bow, which perfectly matched a hairstyle that was just as simple and elegant. Her look was combined with statement jewelery that needed no squeaky contrast. Dior, a brand that has always made the best looks for the South African actress, created this outfit as well.

Billy Porter

The 49-year-old became the clear winner of the dress code in the men's section. The American stage performer and actor used a layer of fuchsia lining and light colors combined with rhinestone details made in botanical motifs, reviving all the innovations in men's fashion that have been made in recent years.

Dakota Fanning

Although we have seen this look many times since Gwyneth Paltrow used it in 1998, the cuts and construction of this Armani Privé made it simply perfect. The combination of jewelery did not make the dress dull.

Julia Roberts

Yes, this is something Emma Stone has already done, as well as Emma Watson. But this look with pants and gala dress is still a classic. And only Julia Roberts can take it to a level of unique elegance and freshness.

Timothée Chalamet

The American-French actor became one of the few who had wanted to get away from the suit associated with black tie. In fact, he left it behind, and with a shiny harness and an all-black look by Louis Vuitton showed that many things can be done within a dress code.

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Darren Criss

The 31-year-old stood out from many celebs by choosing to wear a simple tuxedo. He added a "botanical touch" consisting of silver flowers.

Idris Elba

No tie, contrasts in black and green, texture in pieces. All combined perfectly to give a touch of stately elegance without going to the traditional black.

Cody Fern

Fern made a bet on transparency and a look that with other elements could work great by going with Versace, black and without a classic tuxedo. Elegant versatility without being bizarre.

The most controversial look

Kate Mara

The actress would look spectacular in this outfit ... in a fashion editorial where the conceptual elements do not quarrel with the dress code. Perhaps with other pieces — or a much less romantic and childish dress — the 35-year-old would have achieved a more surprising result.

Kim Kardashian-backed inmate granted clemency

Cyntoia Brown, 30, was 16 when she was convicted of murder.

GETTY IMAGES

Tennessee's governor on Monday commuted the life sentence of a woman convicted as a teenager of murdering a man who paid to have sex with her, after Kim Kardashian and other celebrities took up her cause.

Cyntoia Brown, now 30, was found guilty of first-degree murder in the killing of Johnny Allen, a 43-year-old Nashville real estate agent. She will walk out of prison on Aug. 7 after serving 15 years, Gov. Bill Haslam's office said. Brown was 16 at the time of the murder.

Brown received a life sentence with the possibility of parole after serving a minimum of 51 years in prison. Without the governor's commutation, she would not have been eligible to be considered for parole until 2055 at the earliest.

"Imposing a life sentence on a juvenile that would require her to serve at least 51 years before even being eligible for parole consideration is too harsh, especially in light of the extraordinary steps Ms. Brown has taken to rebuild her life," Haslam, a Republican, said in a statement.

Brown, who admitted to killing Allen, will be under parole supervision until Aug. 7, 2029, when her sentence will expire.

In November 2017, the singer Rihanna referred to the case when wrote on her Instagram page: "Did we somehow change the definition of #JUSTICE along the way?? ... Something is horribly wrong when the system enables these rapists and the victim is thrown away for life!"

Reality TV star Kardashian drew attention to Brown's case in 2017 when she wrote in a Twitter message: "The system has failed. It's heart breaking to see a young girl sex trafficked then when she has the courage to fight back is jailed for life!" REUTERS

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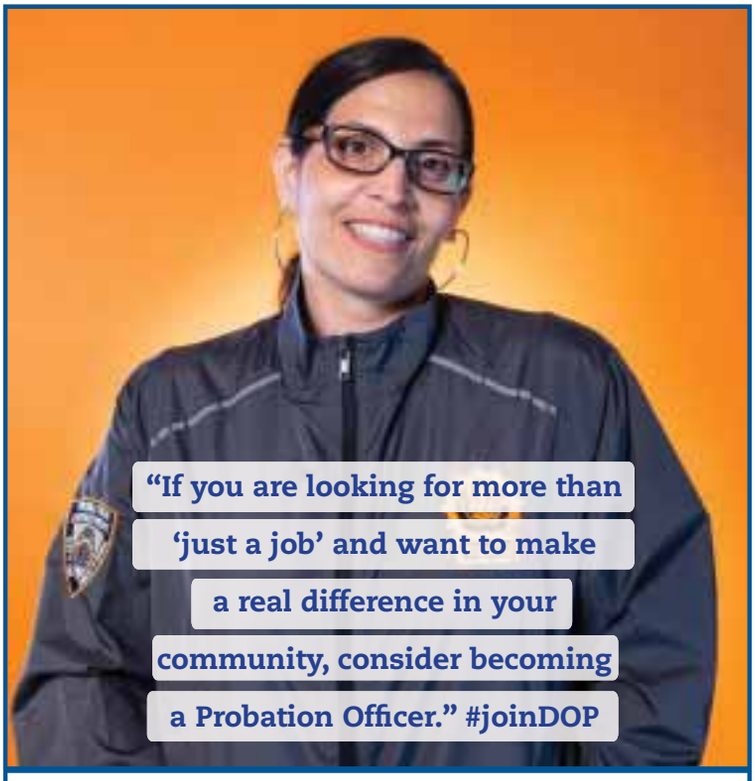
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Important Knee Arthritis Pain Alert

Study Shows Simple Treatment Helps Avoid Knee Replacement Surgery For 75% Of Worst Cases At Least 7.3 Years...

*Free Screenings Offered At NYC Medical Clinic To See If You Qualify For This Proven And Effective Treatment. *Spots Are Limited Due To High Demand*

NYC - What would it be worth to you if… in just 60 minutes… you could finally discover a way to get relief for your knee arthritis pain?

And…

How would it feel if you could wake up tomorrow morning and some... or even all your pain was gone?

And…

Wouldn't it be wonderful to start a brand new life and leave all your pain and suffering behind?

A life where…

…you jump out of bed in the morning, well rested and ready to take on the new day, without pain…

…you don't have to take slow, limping laps around your bedroom just to be able to walk every morning…

…you can go for walks, go up and down stairs and maybe even play sports like tennis and golf again…

…you can finally do all the things and enjoy life (just like everyone else) without constant, nagging pain…

Well… that's exactly what can possibly happen to you if you spend just 60 minutes with us…

…Because that's all it will take for one of our expert doctors to show you what we believe to be the safest, and most effective knee arthritis pain treatment there is…

I know you may find this hard to believe. Just about every one does when we tell them about this… *at first.*

But it doesn't take long for them to turn from skeptic to raving fan as soon as their pain improves so fast.

Do You Have An Open Mind?

So, I'm not asking you to believe me just yet. All I ask is you approach this and read the rest of this information with an open mind. If you give us a chance, we promise, you won't be disappointed…

Because There is Proof
Real medical proof.

Here it is. A leading Orthopedic Surgeon and knee pain expert was getting excellent results with this non-surgical treatment on his own patients. In fact, this study involved almost 2000 patients followed over 10 years.

And more specifically, he was getting amazing results the way HE was doing this treatment using high tech imaging for precise technique.. just like we do it..

And he wanted to prove... beyond a shadow of a doubt... the results he got.. were not only REAL.. they could most likely work for others just like you.

So he conducted some research, an 11 year project, and is was published in the "Journal of Knee Surgery".... a Real and REPUTABLE medical journal (A copy of this research is available on our website or by mail)

What were his results
and what do they mean for your pain?

In this study he found that 75% of the severe knee arthritis pain patients he treated... and were facing knee replacement surgery... did not need to have knee replacement surgery... and were still OK 7.3 years later!

This is incredible news for you... and here's is why...

The patients in this study were Stage 4 knee arthritis. That's the most advanced and worst stage. These are the cases that are usually sent for knee replacement surgery.

These patients had also gone through the common medical treatments like pain and anti-inflammatory pills, physical therapy etc. and all that had failed.

So... these were the WORST cases of which every thing else had failed ... YET, after this treatment, 75% still did not need knee replacement even more than 7 years later.

And it gets better. The study only collected data up to that time. It is pretty safe to say that many may never need surgery.

Bottom line: This study clearly showed this treatment is safe and extremely effective even for even the worst cases.

So, even if you aren't one of the worst cases... imagine what it can do for you.

What IS This Treatment
And How Can You Find Out
If It Can Help You?

As studied as this treatment is.... you may have an "Oh No!" reaction.

Why? Because there is a very good chance you have heard of it. You may have even given it a try... and NOT gotten good results.

That's because this treatment is actually pretty common now a days. But... and this is a very big BUT... there is a very specific way to apply this treatment (as done in the study) that makes it so successful. And many are NOT doing it this way.

So... please hear us out. This really might be the answer you are looking for.

Ok... here is the treatment and the full scoop on why it works so well... when done THIS WAY.

The treatment is called "viscosupplementation." It is frequently called, "gel treatment ." Or "joint oil".

In this treatment, a gel is painlessly injected directly into you arthritic joint. This lubricates the joint, reduces friction... and allows more movement without all the inflammation and "grinding" caused by arthritis.

This is like putting oil on a rusty hinge. Once the oil is applied, the hinge can move must better.

But here is something you must know: In that research project, all of the procedures were done with highly advanced imaging to guide the injections and make sure the gel got into the joint space area ultra-precisely.

This is EXTREMELY important... because... research also shows that injections done WITHOUT this imaging to guide them... can miss the joint space about one third of the time.

That means, in one third of the injections, the gel wasn't in the joint space and couldn't possibly work!!!

We feel this is why so many people have tried this treatment and DIDN'T get good results like in the patients in this research.

So, if you have already had this treatment and it didn't work... was it done with this advanced medical imaging?

If not... there is still hope.

In fact, there is a very good chance you can still get relief.

Here is why: NYC Pain MD is a medical clinic located at 65 Broadway Suite 1004 New York, NY 10006.

We have physicians who focus in this treatment... and we use the advanced imaging to make sure the treatments are extremely precise and get the best results possible.

In fact, we have a doctor trained at the University of Pennsylvania School of Medicine, Cornell University and even Harvard Medical School.

We have the best... but we also make treatments VERY affordable

Just because we offer the best possible treatments and doctors... doesn't mean we are so expensive only rich people can get our wonderful treatments.

Study shows this treatment was successful in 75% of knee arthritis pain sufferers... saving them from surgery for at least 7.3 years. Will it work for you? Find out for FREE

While treatments may be covered by Medicare and some insurances... we also offer pricing plans for as little as $13.57 per week so patients can finally relieve their pain and try to avoid surgery.

We don't want lack of insurance or money to be the reason you continue suffering.

Your Special Invitation…

If you have knee arthritis pain... and are even just a little interested in finding out what this treatment can do for you... we are inviting you to come in for a FREE screening appointment.

During this screening, you will get to talk to the doctor... ask questions... and find out if you qualify.

We will go over everything with you... and you will breathe a big sigh of relieve finally having real answers and a specific plan to to possibly relieve your pain.

We will leave no stone unturned... and we will help you any way we can.

Please understand this:

This treatment can possibly take away your pain...

No matter how long you've been suffering. It really doesn't matter. It may take a little more time if you've been suffering for years as opposed to a "new" case… but in the end… you can still get tremendous results...

No matter how bad or helpless you THINK your case is. Many of our patients thought their case was hopeless, too far gone, for anything to help them. Many of their previous doctors told them that. Well you're NOT. With this treatment… the way our expert doctors do it...there is *always* hope.

Most of our patients have told us we were their last resort. Last stop before packing it in and completely giving up and submitting to surgery. They soon found out that our treatments made it really easy to get relief… and, best of all…

You Get To See If You Qualify For FREE

That's' right. We want you to see EVERYTHING first hand and to ***prove*** to you... without a shadow of a doubt... we have the help for your knee pain that you are desperately wanting. And we want to do it without you spending a penny or risking anything to find out.

That's why we are offering you this free screening.

So my big question for you is – is the opportunity to wake up tomorrow morning… and every other morning for the rest of your life… with less pain… worth the 60 minutes it will take to be evaluated?

What else could you possibly do with that same 60 minutes that could have such a profound impact on the rest of you and your family's lives?

You know, it's really disappointing to me that so many people just go on living with pain when you don't have to. So many of patients tell us how they used to be in pain… just about every day.

They were is so much pain... they were grumpy and miserable all the time. They hated work. They're relationships were strained. Life was just one big struggle Now that they've discovered what we will reveal to you at your free screening… all that's changed…

Work and family have become rewarding and fun. Life is so much easier and better… in so many ways… without the pain. Finally, things start falling into place the way you always thought they would.

One of the best things or physicians and staff hear is "Hey doc since starting this program I've lost 17 pounds because now that I can finally move around pain-free the weight just keeps coming off!"

Which one of those amazing things I just mentioned would you like to happen to you… right now.

Maybe it's none of the things I've mentioned. But, you do have hopes and dreams. We all do. And pain robs you of the opportunity to live out those hopes and dreams. Robs you of the life you really and desperately want… and deserve.

Whatever YOUR personal hopes and dreams are… They are all possible if you take action… right now.

All you have to do is give this a chance and schedule for the screening. But then again…

What's also possible is that your pain starts getting worse. And that happens to so many people from just doing nothing.

Taking action may seem like a little work… or… it may even be a little scary for you – but not taking actions is almost always worse. The eight most dangerous words to your future, your health, and your hopes and dreams just may be…

It Will Just Get Better All By Itself!

Fact is... it may only get worse.

Here Is How To Get Your Free Screening...

Just call us at **1-877-380-8537** and tell the scheduling coordinator you want your free screening. If you are one of the first 50, it is 100% free. No obligation or strings attached.

There is NOTHING to pay for and you will NOT be stressed in any way. We don't ever do that. You see, is not uncommon for us to get over 100 new patient calls in a single day.

Most are from word of mouth. But we wanted to open up this opportunity to as many arthritis pain sufferers as possible.

But because we get so many calls... we can only take 50 from what you are reading this month.

You have absolutely zero to lose and possibly everything to gain. But due to high call volume, we suggest you call now. **1-877-380-8537.**

NYC PAIN MD

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- **Residents of Brooklyn Community Board 16** (50%)
- Municipal employees (5%)

Eligible buyers should have **10%** of the purchase price available for down payment.
Buyers must occupy the condominiums as their Primary Residence.
Please note that the quoted sales prices, maximum household income, asset limit, etc., are estimated and are subject to change.
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Bedrooms Homes	60 % AREA MEDIAN INCOME (AMI) UNITS	Family Homes Available	Household Size*	Total Annual Income Range Minimum – Maximum**	Asset Limit*** ($182,525 + required down payment amount)	Estimated Prices
Studio		1	1 people	$38,860 - $43,860	$205,204	$226,790
			2 people	$45,100 - $50,100	$205,204	$226,790
1 bedroom		1	1 people	$38,860 - $43,860	$208,440	$259,150
			2 people	$45,100 - $50,100	$208,440	$259,150
			3 people	$51,340 - $56,340	$208,440	$259,150

* Subject to occupancy Criteria
** Income guidelines subject to change; larger down payments may allow for lower minimum incomes.
*** Asset limit subject to change

How Do You Apply?

DOWNLOAD ONLINE: http://bit.ly/151somersapplication

To request an application **by mail, send a self-addressed envelope to: 151 Somers Street Condos, C/O Reside New York, 381 South 5th Street, Brooklyn NY 11211.** Only send one application per development. Do not submit duplicate applications. Applicants who submit more than one application may be disqualified. Completed applications must be returned by regular mail only (no priority, certified, registered, express, oversized, or overnight mail will be accepted) to a post office box number that will be listed on the application.

An informational session will be held on: Wednesday, January 9, 2019 at 6pm at Brooklyn Public Library – Saratoga Branch, 8 Thomas S. Boyland Street, Brooklyn, NY 11233.
Seminar attendance is not mandatory to purchase a condominium.

When is the Deadline?

Applications must be postmarked by **February 4, 2019.**

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process.
If yours is selected and you appear to qualify, you will be invited to an appointment to review your documents and to continue the process of determining your eligibility. Appointments are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.
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Español Para solicitar por correo una solicitud de este anuncio en "ESPAÑOL", envíe un sobre con su nombre y dirección como destinatario a la siguiente dirección: **151 Somers Street Condos, C/O Reside New York, 381 South 5th Street, Brooklyn NY 11211**. En la parte posterior del sobre, escriba en inglés la palabra "SPANISH". Para descargar una solicitud en línea haga clic aquí: http://bit.ly/151SomersApplication. Las solicitudes deben tener el sello postal con fecha del 4 de febrero 2019 o anterior.

简体中文 如需通过邮件获取该广告申请表的"简体中文"版本，请将盖章的回邮信封邮寄至：**151 Somers Street Condos, C/O Reside New York, 381 South 5th Street, Brooklyn NY 11211**。请在信封的背面用英文写下"CHINESE"。在线下载申请表：http://bit.ly/151SomersApplication。请保证申请表的邮戳日期在2019年2月4日之前。

Русский Чтобы запросить заявление по данному объявлению на РУССКОМ языке по почте, отправьте вложенный в письмо конверт с обратным адресом отправителя и маркой по адресу **151 Somers Street Condos, C/O Reside New York, 381 South 5th Street, Brooklyn NY 11211**. На оборотной стороне конверта напишите латиницей слово «RUSSIAN». Скачать заявление можно через Интернет: http://bit.ly/151SomersApplication Штемпель на заявлении должен быть поставлен до 4 февраль 2019.

한국어 우편을 통해 이 홍보문 신청서의 "한국어" 본을 요청하려면 우표가 붙은 자기 주소를 명기한 회신용 봉투를 **151 Somers Street Condos, C/O Reside New York, 381 South 5th Street, Brooklyn NY 11211** 로 보내주십시오. 봉투 뒷면에는 영어로 "KOREAN"이라고 적습니다. 신청서를 온라인으로 다운로드하려면 http://bit.ly/151SomersApplication로 이동하십시오. 신청서는 반드시2019년2월4일전까지 소인이 찍힌 우편으로 발송되어야 합니다.

Kreyòl Ayisyien Pou mande yon aplikasyon piblisite sa a an "KREYÒL AYISYEN" pa lapòs, voye yon anvlòp ki tou gen adrès ou ak tenb sou li bay **151 Somers Street Condos, C/O Reside New York, 381 South 5th Street, Brooklyn NY 11211** On the back of the envelope, write in English the word "HATIAN CREOLE." To download an application onlinehttp://bit.ly/151SomersApplicationApplications must be postmarked before fevriye 4, 2019.

العربية تقدم بطلب عن طريق الإنترنت على الموقع الإلكتروني http://bit.ly/151SomersApplication . للحصول على ترجمة باللغة العربية لهذا الإعلان ولنموذج الطلب الورقي، أرسل مظروف بحمل اسمك و عنوانك إلى: **151 Somers Street Condos, C/O Reside New York, 381 South 5th Street, Brooklyn NY 11211**. على الجهة الخلفية للمظروف، اكتب باللغة الإنجليزية كلمة "ARABIC". يجب إرسال نماذج الطلبات عن طريق الإنترنت أو ختمها بختم البريد قبل 14 يناير، 2019.

Mayor Bill de Blasio • HPD Commissioner Maria Torres-Springer

Trump plans televised address, visit to Mexico border

The president said he will address the nation at 9 p.m.

President Donald Trump announced on Monday he would make a prime-time address and visit the U.S.-Mexico border this week as the partial federal government shutdown entered its 17th day after a funding impasse over his demand for money to build a border wall.

White House spokeswoman Sarah Sanders announced on Twitter that Trump will make a trip to the border on Thursday and said details would be released soon. The visit likely will highlight security concerns pushed by the administration as justification for the wall.

A short while later, Trump said in his own Twitter post that he will address the nation on Tuesday at 9 p.m. EST to discuss what he called a humanitarian and national security crisis on the southern U.S. border.

The moves indicate the Republican president has no intention of backing off his pledge to build a wall that he believes will stem illegal immigration and drug trafficking. Democrats in Congress say a wall would be expensive, inefficient and immoral.

Large chunks of the federal government shut down on Dec. 22 over Trump's demand that a bill to keep the federal government operational include money for a wall along the border with Mexico. About 800,000 government workers have been either furloughed or working without pay since Dec. 22.

Trump said on Friday he could declare a national emergency in order to build the wall, which would circumvent Congress' authority over funding for the federal government.

The White House did not respond to questions about whether he planned to make such a declaration, which would almost certainly face a legal challenge.

Trump said in December he would be "proud" to shut the government down over the wall and last week told lawmakers it could last months. However, pressure to reach a deal is likely to grow as the effects of

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On Monday, a biker turns around at a vehicle and pedestrian roadblock that leads to Hains Point at East Potomac Park, which is closed due to a partial shutdown of the U.S. government. GETTY IMAGES

the shutdown are felt, including possible cuts in food stamp programs and delayed tax refunds.

Trump skipped a planned trip to Florida to stay in Washington during the Christmas and New Year's holidays after large chunks of the federal government were shuttered on Dec. 22. He exhorted Democrats in Congress to "come back from vacation" and approve funding for his wall.

Democrats returned to Washington in the new year, taking control of the U.S. House of Representatives, and passed legislation to reopen all closed government agencies but did not include wall funding. This week, they will pass a series of bills to reopen federal agencies after weekend talks between the Trump administration and Democratic negotiators failed to end a stalemate.

On Sunday, Trump pledged not to bend in his demand for $5.6 billion to pay for the wall but said the barrier could be made of steel instead of concrete as a potential compromise with Democrats who refuse to fund it.

Trump has argued the wall is necessary for national security and has tried to link terrorism to illegal immigration, without providing evidence, as justification for the plan. Democrats say the wall is expensive and inefficient, as well as contrary to American values.

Trump visited the southern border last March.

Trump has previously given three prime-time televised addresses and two during the day, according to data compiled by CBS News. REUTERS

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Make these 2 moves in time to cut your tax bill

NerdWallet is a personal finance website.

Saving for retirement is a good idea, of course, but if you time things right and do your homework, some of your nest egg could also do double duty as a tax shield. Here are two simple savings maneuvers that tax pros say could also lower your tax bill — if you make them in time.

1. Dump money into a 401(k)

If your employer offers a 401(k) plan and you're not enrolled or not contributing much, you could be paying more than you have to in taxes. Why? The IRS doesn't make you pay income tax now on earnings that go directly from your paycheck to a traditional 401(k) plan (typically you pay the taxes when you withdraw the money). In 2018, the contribution limit for a traditional 401(k) is $18,500 ($24,500 if you're 50 or older), meaning you could potentially shield that much of your pay from income taxes this year. If your employer matches your contributions, you might also get some free money.

WHEN TO MAKE YOUR MOVE

Get that money into your 401(k) plan by Dec. 31, says Angela Freyman, a tax preparer at Freyman CPA in St. Johns, Florida. Visit your 401(k) administrator's website, or contact your company's payroll or HR department, to increase your contributions for the end of the year if you can.

"Some employers might move slower, so I would always say do it as early as you can. Don't wait until the last minute,

because you might ask them to set it up, but they won't do it in time," she says.

Freelancers with no employees might think about contributing to what's called a solo 401(k), which could allow them to save for retirement and shield as much as $55,000 from income taxes. There may be more time, too — if you put money into the account by the 2019 filing deadline, you might still get a tax break for 2018. Just be sure the account is open by Dec. 31, Freyman notes. Talk with a qualified tax pro about the details.

BEWARE

Make sure your traditional 401(k) contributions don't exceed that $18,500 limit for 2018 ($24,500 if you're 50 or older), cautions Chad Parks, who runs Ubiquity Retirement & Savings in San Francisco. Your pay stub should indicate what's been withheld to date for the year.

People who contributed to more than one 401(k) plan in 2018 (this might happen if you changed jobs during the year) need to keep a special eye on this, because the sum of their contributions to both plans can't exceed the annual limit, Parks warns. "Don't think you can double-dip," he says.

2. Transfer money into an IRA

Moving money into a traditional individual retirement account could keep the IRS' hands off of up to another $5,500 of your money this year ($6,500 for people 50 and older). That's because contributions to traditional IRAs can be tax-deductible. The size of your deduction will depend on your filing status, whether you or your spouse is covered by a retirement plan at work and what your adjusted gross income is.

WHEN TO MAKE YOUR MOVE

If you want to turn your savings into a tax break for 2018, make sure your money is in the account no later than April 15, 2019, Freyman says. Opening an IRA shouldn't take long, she adds. "We have people do it in a couple of days, at most," she says.

BEWARE

If you want a tax deduction for 2018 but you're not actually putting the money in your traditional IRA until after Dec. 31, be sure to instruct the IRA administrator to apply your contribution to 2018. And remember to take the tax deduction for 2018.

Another note: Traditional IRAs are great, but a Roth IRA may be a better choice if you're in a lower tax bracket now than you think you'll be in the future. You may not get a tax break now with a Roth IRA, but your withdrawals later should be tax-free. Talk with a qualified tax pro if you're not sure.

This article was written by NerdWallet and was originally published by The Associated Press. **TINA OREM**

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Pat King
Grumble Editor

READER WRITE-INS:

UNCUT JACKET VENTS

What's with all these people who don't cut the basting threads from their jacket and coat rear vents? Do they really think they're meant to remain there? It seems as though I ride behind someone going up the escalator several times a week who hasn't done it, and they look like fools with this big "X" on their backside. Those stitches are there to protect garments from getting wrinkled in shipping and while hanging on the sales rack. Free them! Maybe manufacturers need to use a brightly-colored thread so they're noticed? Once they're removed, the garment hangs better, makes walking and sitting much easier, and makes you look less like a fool! I see it on suit jackets, blazers and coats of men and women alike. Once, I mentioned to someone that she had forgotten to remove the stitching and she got very defensive, telling me that it just shows she paid a lot of money for the jacket. I just had to laugh! Don't get me started on the labels men leave on their suit jacket sleeve...

— **Marian,** *Metro US reader*

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It was my first subway ride of the new year, not too crowded. I noticed a well-dressed couple across from me cuddling and reading from her phone as he hung over her shoulder. He had on gorgeous boots. The man dropped his beautiful black leather glove onto the floor of the subway and didn't notice as he and his wife or woman friend were still commiserating. I waited a bit but couldn't resist letting him know, so eventually I hollered over politely, got his attention and told him that his glove had dropped. He bent down immediately and picked it up. I was sitting right across from him on a side seat. The man didn't give me even a nod, much less a thank you.

Vowing to be positive this new year, no matter what. I am not going to take this as an "omen." It was just a surprise. I still believe that most of us are kind and grateful for any aid another gives. Happy New Year, one and all!

— **Mary Pat Kane,** *Metro US reader*

Please remember to send your Humbles to **humble@metro.us**. These submissions can be acts of gratitude, positivity or kindness that you have seen throughout the day.

metro.us/horoscopes

Aries Take care of your personal finances, medical issues or pending legal matters. Staying on top of things will help you ward off criticism from someone close to you.

Taurus Your dedication and determination will give you the edge you need in a competitive situation. Keep your cool, don't let someone else's decision fluster you.

Gemini Temptation will lead you in the wrong direction. Stick to your budget and don't indulge in activities that could lead to trouble. Focus on romance and fitness.

Cancer Take an interest in what others do, but don't feel compelled to participate in something that makes you uncomfortable. Stick to your principles, you'll gain respect and friendship.

Leo Get moving and take charge. Your outgoing personality and ability to pivot and compromise will put you in a leadership position. A personal relationship will take a positive turn.

Virgo Get out with a friend or an older confidant who has offered you sound advice in the past. Don't let an emotional issue at home stand in the way of your professional responsibilities.

Libra If someone is looking for a fight, sit the situation out. You'll do better if you focus on what you can contribute or on personal gains. Refuse to get annoyed. Choose peace and love.

Scorpio Listen well to pick up valuable information that will help you determine if someone is being straight with you. A change you make will pay off.

Sagittarius A certain memory will help you make an unexpected change. Embrace new beginnings and a healthier lifestyle. Romance is on the rise.

Capricorn Participate in something that will benefit you as well as others. Working with someone who has similar goals will spark an interest in forming a partnership. Romance is highlighted.

Aquarius Make your own opportunities. Check out the online job market or network with associates who can help you advance. Share your thoughts, but not your feelings or emotions.

Pisces Keep your life simple, moderate and peaceful. Walk away from drama or people looking for a fight. Find individuals who are a help, not a hindrance. EUGENIA LAST

The *cocktail trends* of 2019

We asked bartenders around the city to reveal what's coming up in the spirits world.

EVA KIS
eva.kis@metro.us

Rael Petit has created tea-based cocktails to go with the high tea service at The Williamsburg Hotel. PROVIDED

Rum and brandy come into their own

One of 2018's biggest trends was the return of serious craft to the art of tiki cocktails, ditching the sugary mixes you know for refined, vintage rums. "In the past few years, terroir and artistry in the category has risen exponentially, and now there are endless subcategories to the genre: cachaça and clairin chief among them," says William Elliott, bar director at Maison Premiere.

Excited to showcase rum beyond Coke and mojitos, he's curating full producer lines to show the range of what is possible within a style.

"I'm excited to see brandy getting a fresh look from bartenders," says Meaghan Dorman, bar director and partner at Dear Irving on Hudson, the Gramercy bar's new outpost at the Aliz Hotel. "And as a longtime pisco fan, I'm happy to support some homegrown brands like Laird's and Bertoux as well."

Asian flavors on the rise

Just as Asian restaurants continue to dominate the New York food scene, the spirits world is turning to Asian products.

"I have a strong feeling we'll be seeing more baijiu cocktails," says Shannon Mustipher, beverage director at Crown Heights' Caribbean destination Glady's. "The arrival of Ming River, a baijiu made specifically for Western audiences, cements that."

Kayoko "Coco" Seo. PROVIDED

At trendy Japanese cocktail lounge Bar Moga, Kayoko "Coco" Seo hosts a series called Coco's Spirit, where she introduces patrons to a different Japanese spirit. "I think Japanese gin will become more well-known in 2019," says Seo. "Unlike normally distilled gin, Japanese gin is very unique in that it uses rare, unusual botanicals such as yuzu citrus, shiso and green tea. The taste is very elegant and subtle."

Wellness enters the bar world

Besides low-alcohol cocktails and mocktails, there are other ways bars are getting healthier as mindful eating becomes mindful drinking. "We expect cocktails to include less artificial sugars and flavors, and more fresh and sustainable ingredients," says Igor Dukhnovskyi, beverage director at The Russian Tea Room, where he puts a modern twist on their signature Moscow Mule using fresh ginger puree instead of ginger beer.

Expect to find even more ingredients from the vegetable section of the produce aisle, too, says Giaime Mauri, beverage director of Sardinian all-day cafe Epistrophy and rustic Italian spot Le Fanfare. "I predict seeing more beets, carrots, spinach and even butternut squash in cocktails."

Tea is also finding new uses, muscling out coffee. "Teas have spices, dehydrated fruits, herbs, flowers — there is an infinite profile of flavors to play with," says Rael Petit, beverage director of The Williamsburg Hotel, where he's created several tea-based cocktails to pair with high tea service.

Sustainability in every aspect

No self-respecting bar is serving plastic straws anymore, but that was

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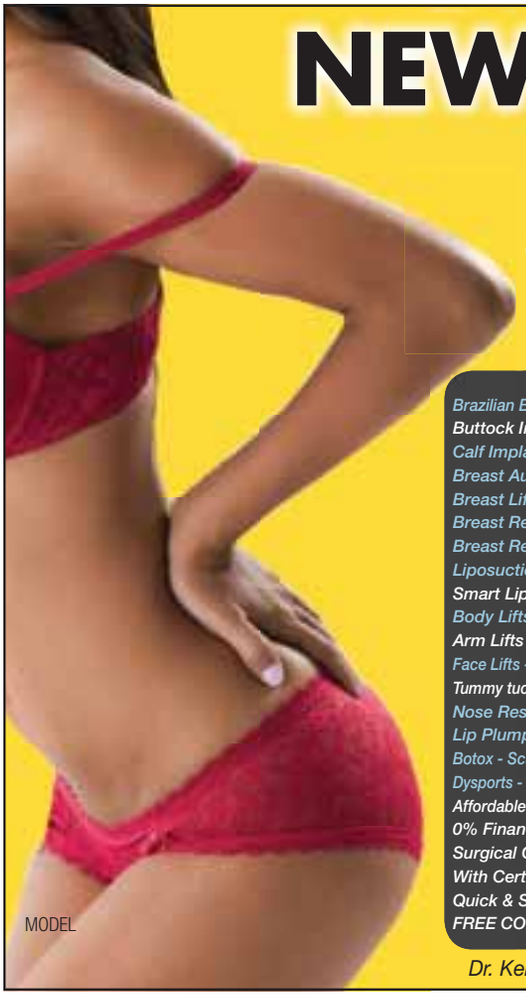
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just the beginning of the bigger conversation every industry should be having about sustainability.

Working so close to a kitchen, many cocktail professionals are looking for ways to maximize every ingredient that comes through the door. "Everyone is being more conscious of our global footprint, from eliminating plastic straws to utilizing what would have been 'waste' in a drink," says Jason Rodriguez, head mixologist at all-day Japanese bistro Hall. His team rescued the scraps from roasted beets and infused them into vodka and gin: "You had the beautiful sweetness from the beets after they had been roasted and the amazing color as well."

Behind the bar at The Pierre Hotel New York, sustainability has become a passion for Meaghan Levy, who's working on ways to reduce waste, but also featuring brands made in environmentally friendly ways. "My favorite right now is a closed-loop margarita with Sombra Mezcal," she says. "It features sustainable techniques and a mezcal that is produced in a environmentally safe and eco-friendly manner."

From low-alcohol to no alcohol

The sign of a sophisticated bar is no longer an extensive liquor collection — it's being able to create something interesting for everyone who walks in, which increasingly means non-alcoholic cocktails.

At one of the city's newest co-working spaces, The Assemblage, both locations in NoMad and FiDi are alcohol-free. Instead, each location's Elixir Bar serves plant-based drinks that change with the seasons using ingredients at their peak, presented in traditional cocktail glassware.

And if you want to be practical about it, non-alcoholic cocktails are simply a delicious way to keep your night going and still enjoy yourself. "People are starting to pay attention to sexy virgin drinks," says Nick Rini at Refinery Rooftop. "It's a great way to hydrate with style during a long night of drinking."

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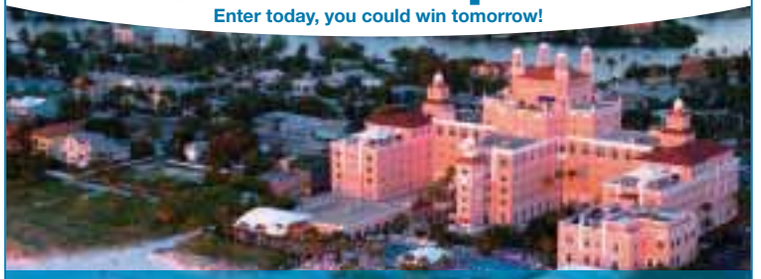

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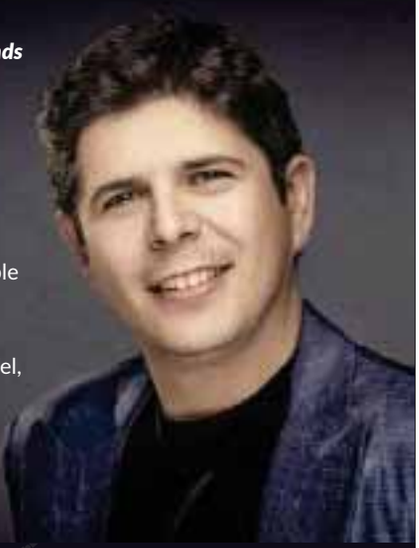
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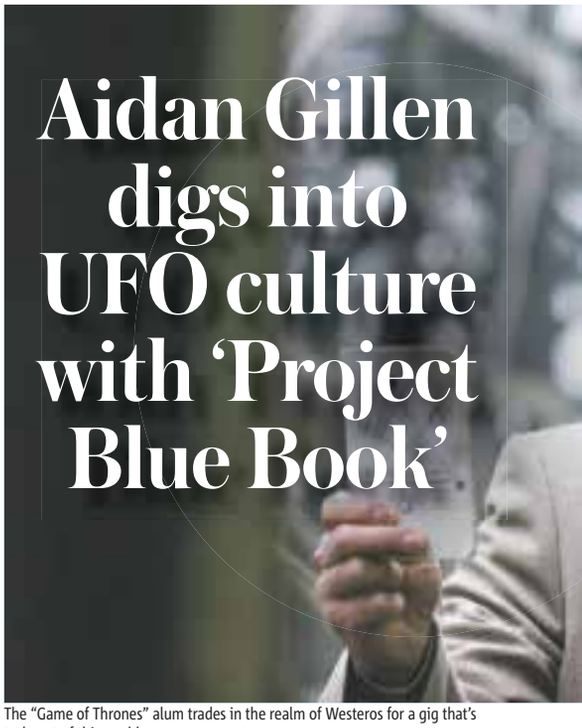
"Project Blue Book" premieres tonight. HISTORY CHANNEL

Aidan Gillen digs into UFO culture with 'Project Blue Book'



The "Game of Thrones" alum trades in the realm of Westeros for a gig that's truly out of this world. EDUARDO ARAQUEL/HISTORY

The "Game of Thrones" alum talks about his new History series.

ANDREW HUSBAND
drew.husband@metro.us

Quick, name a TV show that has (or had) a massive dedicated following of fans. Chances are you picked "Game of Thrones," which will air its highly anticipated final season in April. But if you picked "The X-Files," you would be just as correct, since the paranormal police procedural has remained popular for decades. Enter Irish actor Aidan Gillen, a "Game of Thrones" alum who, thanks to History's new "X-Files"-esque show "Project Blue Book," is about to become a part of both worlds.

Gillen spoke with Metro ahead of "Project Blue Book"'s premiere on Tuesday night. "The X-Files" is not necessarily something the 50-year-old actor considers himself a huge fan of; however, when it comes to the popular mythos that informs it, "Project Blue Book" and similar shows and movies about aliens and UFOs, he admits he's well-versed.

"A lot of the great movies of this genre actually were produced in the era they supposedly happened in, the 1950s," he says. "We also knew of them through popular TV shows like 'The Twilight Zone' and 'The Outer Limits,' which were both shown in Ireland. At least when I was growing up, everyone was quite familiar with this stuff. I think it was a universal thing by then, for sure."

Gillen also credits Steven Spielberg's iconic film "Close Encounters of the Third Kind," which popularized the classification system devised by J. Allen Hynek, the acclaimed UFO researcher he plays in "Project Blue Book." (Hynek himself also cameos in Spielberg's film.) Despite the global appeal of these stories, however, the actor made sure to quiz his family about their relevance back home in Ireland when the events depicted in the series were taking place.

"I quizzed my mother about this since she was around in the 1950s. I asked her, 'Were there any sightings in Ireland at the time? Was this phenomenon a palpable thing there?'" he says. "My mother then recounted a story of a UFO that she had seen herself in western Ireland in the early 1950s. That was pretty interesting.

"In Ireland, there's a lot of credence given to otherworldly things or things that are inexplicable. They're a part of our culture, be it ghosts or UFOs or whatever. It's

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quite acceptable that there are things at work that we can't see or quite totally comprehend."

Despite how ridiculous some may consider "Project Blue Book"'s subject matter, especially historians or scientists who would want to dispute its accuracy, Gillen remains philosophical about the enterprise. He even admits that some of his upbringing regarding, and his exposure to, aliens and UFOs in popular culture made their way into his portrayal of an American astronomer and skeptic-turned-believer.

"I'm an open-minded person," he says. "A logical thinker like Hynek was open to stuff that might have been beyond his own comprehension.

Just beyond his, or our, current understanding, because there is so much we don't know about the universe and our place in it. Where we may have come from or where we're going. We like to think we have an understanding of it all through physics, that we've got everything down, but I don't know if it's arrogant or not to assume this.

"What's beyond our universe? I know that the word 'universe' means everything, but we know only about a tiny corner of what our universe entails. That's it. Who knows what else is out there?"

"Project Blue Book" premieres tonight at 10 p.m. on History.

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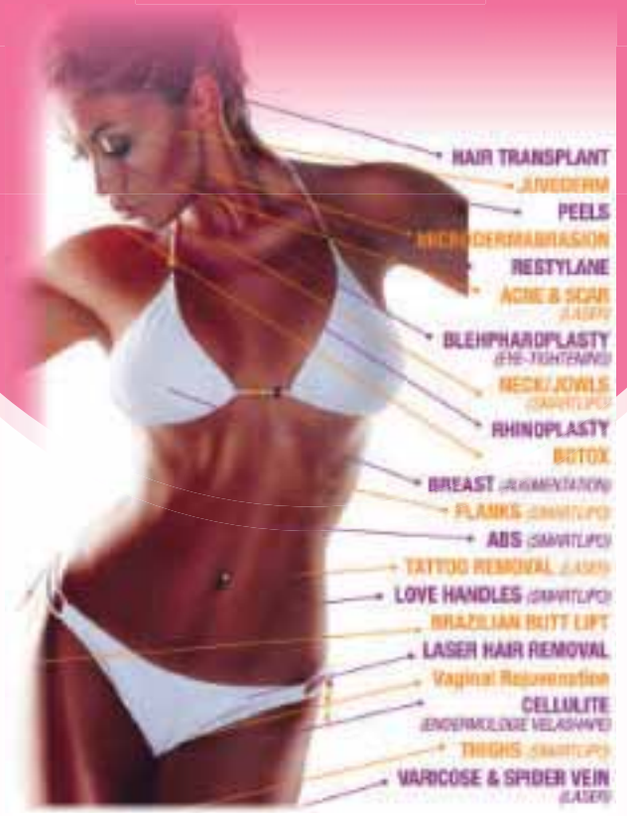

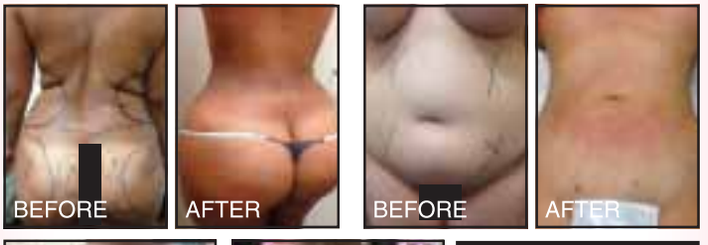

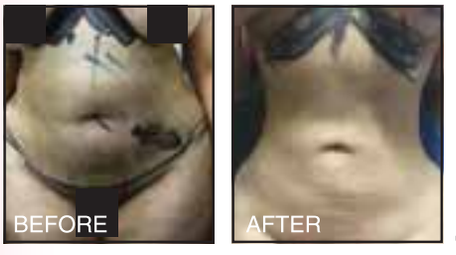

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Protect yourself from cervical cancer

ISTOCK

According to the American Cancer Society, cervical cancer was once one of the most common causes of cancer death among women in the U.S. Increased screening via Pap smears caused the number of deaths to drop dramatically. Human papilloma virus vaccines are also helping: According to the Centers for Disease Control and Prevention, "clinical trials showed HPV vaccines provide close to 100 percent protection against cervical precancers and genital warts." We spoke with Dr. Valentin Kolev, a gynecologic oncologist at the Blavatnik Family – Chelsea Medical Center at Mount Sinai, for more information.

What is cervical cancer?
Cervical cancer is cancer arising from the cervix, which is the lowest part of the uterus that connects to the vagina. Cervical cancer is one the most easily diagnosed and regularly screened types of gynecologic cancer.

What are the symptoms?
Early on, typically no symptoms are seen. Later symptoms may include abnormal vaginal bleeding, pelvic pain, pain during intercourse, vaginal discharge, or bleeding after sexual intercourse.

What are the risk factors for cervical cancer?
Most of the risk factors for cervical cancer are associated with an increased risk of acquiring or having appropriate immune response to infection with HPV. These include: early onset of sexual activity, multiple sexual partners, a high-risk sexual partner (partner with multiple sexual partners or HPV infection) and immunosuppression (HIV, immunosuppressive therapy).

What is HPV?
Human papilloma virus (HPV) is a group of more than 100 different viruses. It is the most common sexually transmitted infection. Some of the viruses can cause skin warts or cancer of the mouth/throat, anus/rectum, or cervix in women and penis in men. Nearly all cervical cancer can be attributed to HPV infection.

If I have HPV, what are the odds of developing cervical cancer?
Most cervical HPV infections are transient and occur in young women. Eighty to 90 percent of new HPV infections will resolve within two years. A small proportion of infections with certain types of HPV can persist and progress to cancer.

While HPV is responsible for most cervical cancers, what other factors play a role (genetics, etc.)?
There is no well-established model of genetic basis for cervical cancer. Oral contraceptives and cigarette smoking both have been associated with an increased risk of developing cervical cancer in people infected with the HPV virus.

How can I lower my risk?
The primary prevention of cervical cancer is vaccination against the high-risk HPV infection and having routine screening. Other ways to decrease the risk is by using barrier protection and spermicides with intercourse.

What does screening entail? How often should I be screened for cervical cancer?
Screenings for cervical cancer should start at 21 years of age regardless of the age of initial sexual activity. The screening is part of a gynecologic examination where cells are taken from the cervix. Cells are removed from the cervix with a brush or other sampling instrument.

- Women aged 21–29 years should have a Pap test alone every three years. HPV testing is not recommended.
- Women aged 30–65 years should have a Pap test and an HPV test (co-testing) every five years (preferred). It also is acceptable to have a Pap test alone every three years.

The HPV vaccine is marked toward preteens and teens. Is there any value to getting vaccinated if you are older?
It is recommended to get the vaccine before the age of 15. Recently FDA approved the vaccine administration for adults up to the age of 45. That was based on a study of 3,200 women. The vaccine was 88 percent effective in preventing persistent infection, genital warts, precancerous lesions of the cervix, vulva or vagina, and cervical cancer.

How is cervical cancer treated?
The treatment of cervical cancer is dependent on the stage. It may include surgery or radiation with chemotherapy. If the disease is caught early there are options for fertility preservation by removing only a portion of the cervix or the whole cervix and preserving the uterus.

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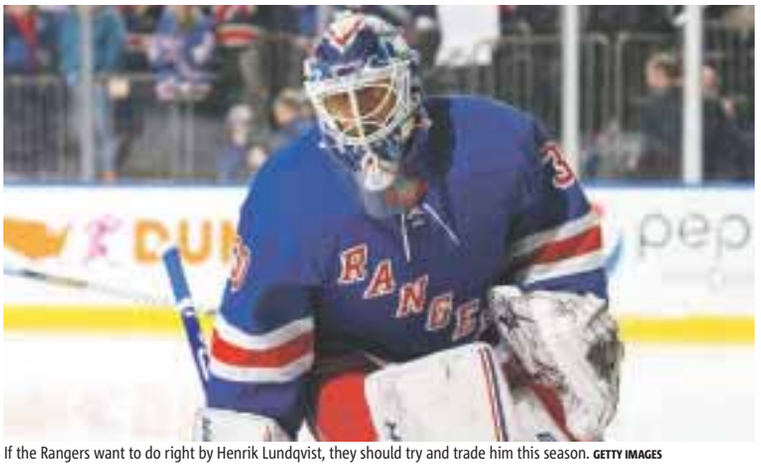
Is it time for Rangers to trade Hank?

The Rangers aren't doing the veteran goalie any favors while he struggles. It might be time to move on.

JOE PANTORNO
joseph.pantorno@metro.us



If the Rangers want to do right by Henrik Lundqvist, they should try and trade him this season. GETTY IMAGES

We've never seen Henrik Lundqvist and the New York Rangers play this badly.

As the winter swoon finally hits the Blueshirts — who were hanging around the Eastern Conference playoff race despite management admitting lean years were ahead due to a rebuild — New York's veteran goalie and future Hall of Famer, along with the rest of his team, is imploding.

After starting the season 12-9-2, the Rangers have won just five of their last 18 games, including a horrific three-game losing streak to kick off 2019 that featured a 7-2 loss to the Pittsburgh Penguins on national television, a 6-1 defeat to the slumping Colorado Avalanche, and a 5-0 embarrassment to the lowly Arizona Coyotes on Sunday.

It was the first time since the 1975-76 season in which the Rangers lost three consecutive games by five goals or more.

Lundqvist was the man in net against Pittsburgh and Arizona, as he resembled more of a sieve rather than the All-Star brick wall that the Madison Square Garden faithful have grown so accustomed to seeing over the past 14 years.

He yielded six goals against Sidney Crosby and the Penguins on Jan. 2, four of those coming on just 15 shots before being pulled early in the third period. After Alexandar Georgiev was lit up by the Avalanche, Lundqvist let five past him on Sunday in just 36 minutes of action. He was pulled with 3:22 left in the second period.

While most of the blame could be placed on him for the Pittsburgh game, Lundqvist was peppered by the Coyotes as the Rangers defense allowed 32 shots to get through on the 36-year-old.

The Swede's rough stretch suddenly has him on pace for the worst season of his career, though it was a difficult ask for a veteran beginning to slow down to keep up such stellar numbers. He's posted a 12-11-7 record this year with a goals against average of 3.04, the first time in his career he's ever had a GAA of three or higher. A .909 save percentage is one point worse than his career low from the 2016-17 season.

It only proves even more that it's time for the Rangers to do right by Lundqvist and ship him out of town.

Lundqvist is on pace to play 62 games this season, a ridiculous number for a veteran goaltender who has significantly slowed down while on a rebuilding team that is trying to stress youth. The Rangers need to stop expecting Lundqvist to play like the netminder he was from 2007 to 2016, when he was starting an average of 62 games per season and putting up Vezina Trophy-worthy numbers, especially with a shaky defense in front of him.

It's becoming clear that the backup Georgiev is not a long-term answer at the position, but he and 29-year-old Dustin Tokarski (currently in the AHL), could at least provide the Blueshirts with bodies at the position while they wait for top goalie prospect Igor Shestyorkin to make his way over from the KHL in Russia should Lundqvist be dealt.

The problem is that Lundqvist has a full no-trade clause in his contract and has not given any sort of inclination that he would waive it should the Rangers decide to pursue a trade. But it's something management should try and make him consider before the Feb. 25 trade deadline.

Sending him to a contender that needs some added goaltending help could resurrect "The King"'s career. His playing time could be more sensible while manning the crease behind more organized defenses. More importantly, it would provide Lundqvist with a legitimate chance of winning a Stanley Cup, something he's been unable to do as a good servant for the Rangers.

New York could still get a decent return for the 2012 Vezina winner, as a change of scenery and culture as a goalie-desperate franchise in the thick of a playoff hunt could revitalize him.

It's something to at least consider should the first three games of 2019 indicate how the rest of the regular season will go for the Rangers.

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Islanders 2018-19 mid-season report card

Here is how Metro grades the red-hot Isles heading into the second half of the season.

JOE PANTORNO
joseph.pantorno@metro.us

As much as the American and Canadian media want to downplay it, the New York Islanders are one of the hottest teams in the NHL right now.

Barry Trotz's men have won nine of their last 10 games, including six straight, which has kept them in the thick of an Eastern Conference playoff hunt that has seen the top teams begin to distance themselves from the rest of the pack.

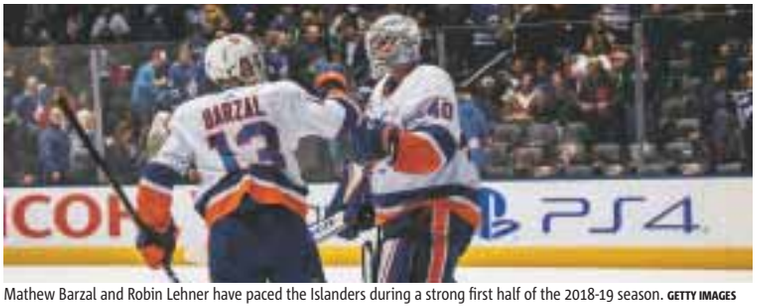
Their performance has been one of the biggest surprises of the 2018-19 season, seeing as many (including myself) believed they would be a bottom-feeder in a stacked Metropolitan Division.

It was a logical prediction considering the Islanders, who had the league's worst defense last year and missed the playoffs, did not do much to upgrade their roster on the ice. After losing former captain John Tavares and top four defenseman Calvin de Haan to free agency, New York stood pat on the market rather than try and find any upgrades.

Instead, the largest move was made in the front office and on the bench with the signing of Hall of Fame executive Lou Lamoriello as president and the Stanley Cup-winning head coach Trotz.

With competence at the helm, the Islanders have evolved into a structured, opportunistic team that has Trotz getting the most out of his team.

Robin Lehner and Thomas Greiss are both having career years as one of the best goalie platoons in hockey while the defense, which now features youngsters Ryan Pulock and Devon Toews, has allowed the fewest goals in the NHL.



Mathew Barzal and Robin Lehner have paced the Islanders during a strong first half of the 2018-19 season. GETTY IMAGES

The turnaround at the back has taken pressure off the Tavares-less offense, which has exhibited an enigmatic mix of youth and veterans to ensure that the lamp is being lit enough.

Reigning NHL Rookie of the Year Mathew Barzal has shaken off a slow goal-scoring start and has been one of the most dangerous forwards in the league over the past two weeks.

While he went pointless during Saturday night's win over the St. Louis Blues, the 22-year-old put together a six-game point streak that yielded eight goals and three assists. He has 17 points in his last 13 games.

The new captain of the Islanders, Anders Lee, is following up a 40-goal season with another strong campaign as he helps anchor the first line. With the halfway point of the season coming Tuesday night, the winger is on pace for a third straight 30-goal season.

In the meantime, the signings of veterans Valtteri Filppula and Leo Komarov are paying off for Lamoriello and Co. Filppula was giving the Islanders a solid offensive boost before getting hurt, while Komarov has been tasked in mentoring the likes of younger talents like Josh Ho-Sang.

While skeptics will throw advanced numbers and stats at you in an attempt to dissuade you from getting on the Islanders bandwagon, the simple eye test suggests that this team is very much a contender for a postseason spot.

ISLANDERS MID-SEASON REPORT CARD:

Josh Bailey, RW: B
Mathew Barzal, C: A-
Anthony Beauvillier, LW: B-
Johnny Boychuk, D: B
Casey Cizikas, C: B+
Cal Clutterbuck, RW: C
Jordan Eberle, RW: C
Valtteri Filppula, C: B+
Thomas Greiss, G: B+
Thomas Hickey, D: B-
Josh Ho-Sang, RW: B-
Leo Komarov, RW: B
Tom Kuhnhackl, RW: C-
Andrew Ladd, LW: D
Nick Leddy, D: B-
Anders Lee, LW: B+
Robin Lehner, G: A
Matt Martin, LW: B-
Scott Mayfield, D: B
Brock Nelson, C: B-
Adam Pelech, D: C+
Ryan Pulock, D: B

Offense: 121 goals scored (20th in NHL), 3.025 goals per game ***Grade:*** C+

Defense: 107 goals allowed (1st in NHL) ***Grade:*** A-

Goaltending: 23-13-4 record, .922 SV%, 2.41 GAA ***Grade:*** A

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Jeff Wilpon (shown) and his father, Fred, continue to show that the Mets are not committed to winning. GETTY IMAGES

SAME OLD METS AFTER PROMISING WINTER START

OPINION

JOE PANTORNO
@JoePantorno

The Wilpon Family and the New York Mets have duped us all once again.

After hiring Brodie Van Wagenen as the team's new general manager, the brash ex-agent announced his arrival with authority as he quickly addressed major team needs.

He traded for star closer Edwin Diaz and veteran second baseman Robinson Cano from the Seattle Mariners before signing free-agent catcher Wilson Ramos after a failed two-week tango with the Miami Marlins for J.T. Realmuto, while bringing back reliever Jeurys Familia.

Suddenly, before Christmas, the Mets were looking poised to develop into an NL East contender. Van Wagenen even told SNY that the Mets are favorites to win the division, a claim filled with a kind of braggadocio unseen from the organization in years.

It suggested to even the most pessimistic of Mets fans that Van Wagenen might have gotten through to the Wilpons, the franchise's penny-pinching owners that have run the big-market ball club like one housed in Kansas City or Tampa. After all, the Mets still were apparently looking for an upgrade in the outfield to put alongside Michael Conforto and Brandon Nimmo while Yoenis Cespedes recovers.

There were attractive names galore that offered such promise, whether it was Adam Jones or A.J. Pollock, both of whom garnered All-Star selections in the past. Some even held out hope that maybe, just maybe, a miracle would come to fruition and the Mets would seriously pursue free-agent megastar Bryce Harper. Granted, that was always a longshot considering the 26-year-old is going to get a contract worth over $300 million this winter.

But a team like the Mets in the largest sports market in the world should at least make a play for him, right?

Nope.

Well, at least Jones or Pollock would provide decent consolation prizes and would still suggest that the Mets were actually committed to making a playoff push in 2019.

Not so fast.

The Mets have seemingly abandoned any hope of picking up an established outfielder that could come in and immediately contribute to the cause. Instead, they've brought in a series of subpar outfielders or retreads looking for one last shot in the majors. Over the past three weeks, they signed Rajai Davis, Gregor Blanco and Rymer Liriano to minor-league deals before trading for Keon Broxton from the Milwaukee Brewers.

That's some subpar depth for Juan Lagares, who looks like he'll be anointed the starting center fielder's job in 2019 despite a track record of not staying healthy. He's played an average of just 68 games per year over the past three seasons.

The past week also included trades for minor-league infielder J.D. Davis, who batted under .200 in the majors despite winning the Pacific Coast League batting title in 2018, and pitchers Walker Lockett and Hector Santiago.

Basically, nothing to write home about.

Instead of picking up viable talent to bolster the Mets' lineup and depth concerns, Van Wagenen has been forced to bargain-hunt instead. And it all comes back to the Wilpons, as they once again prove that they are not in the business of actually contending for a World Series title at all. Instead, it looks like they'll just try and put an acceptable product on the field just to sell tickets.

At this point, they just need to admit that this is all just a money grab for them rather than a legitimate organization, as they continue to insult Mets fans everywhere.

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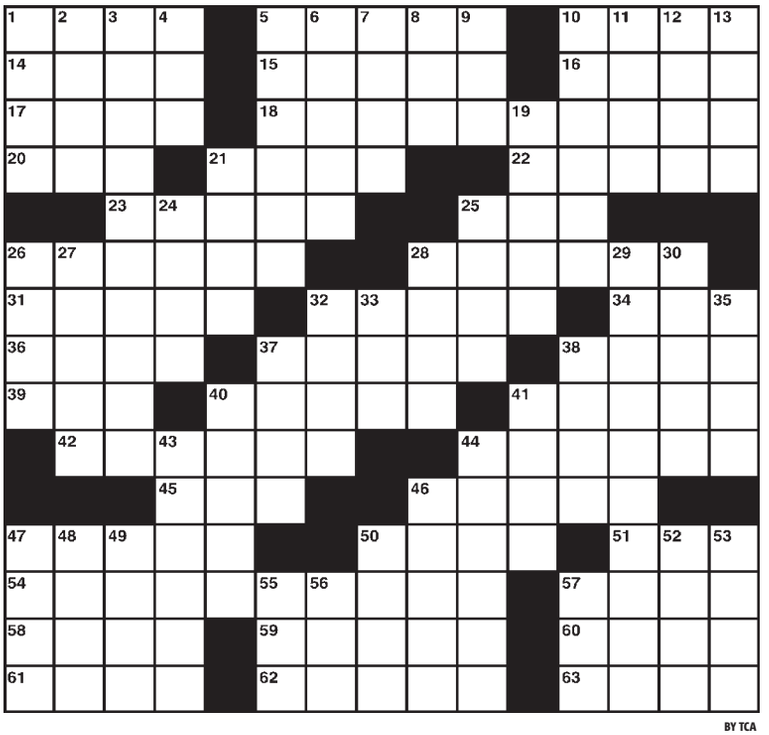
54 Very determined
57 Costa __
58 Upper limbs
59 TV's Couric
60 Kitchen appliance
61 Pain in the neck
62 Removes the lid from
63 Cruz & Danson

DOWN

1 African nation
2 Lasso
3 Generous
4 Marry
5 Emphasize
6 Nest noise
7 Tears
8 Biggest club
9 Japan's dollar
10 __ out; got rid of gradually
11 Ice-covered oval
12 "__ upon a time..."
13 Worry; fret
19 Contaminate
21 Fibs
24 Not relaxed
25 By __; manually
26 Argument
27 Asian capital city
28 Terse
29 Remarkable
30 Challenges
32 Feathery scarves
33 __ Cruces, NM
35 Fluid-filled sac
37 Monotonous speaker
38 Not nuts
40 Started
41 Redd or Jamie
43 Most recent
44 Monopoly player's purchases
46 Sink
47 Pitfall
48 In this place
49 Lawn trees
50 Celebration
52 __ tea
53 Cookware items
55 Fight result, for short
56 Drink like Fido
57 Decay



BY TCA

metro.us/wordsearch

M	R	E	R	U	S	S	E	R	P
A	L	F	A	M	E	B	Z	I	H
L	P	O	S	E	O	R	E	H	T
G	O	N	W	W	T	A	A	E	N
D	D	C	I	Y	G	G	I	Z	I
I	D	E	S	L	C	K	R	E	R
V	I	M	D	I	B	E	E	C	Y
A	T	A	H	Q	D	O	C	A	B
D	Y	R	X	N	R	Q	G	P	A
Z	T	S	U	D	R	A	T	S	L

Bowie
David
Fame
Glam
Goblin
Heroes
Labyrinth
Low
Mars
Oddity
Pressure
Space
Stardust
Under
Ziggy

metro.us/wander

Category: Sports Team

W	Y	K	Y
E	O	R	A
N	E	K	N
	E	S	

Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

metro.us/sudoku

6		7	9	2			5	
	1				7	9	6	
9	2		6		5		4	
1						6	8	
5	3	4		6		2	7	1
	7	6						4
	8		3		4		2	6
	5	3	2				1	
	6			7	8	4		9

Yesterday's Answers

F	O	E	■	■	L	A	P	O	F	■	E	B	B	S
B	U	T	S	■	A	T	A	L	E	■	L	U	A	U
I	T	C	H	■	P	A	N	D	A	■	D	O	L	E
■	S	H	A	M	E	L	E	S	S	■	E	Y	E	D
■	■	■	P	U	L	L	■	■	T	I	S	■	■	■
S	T	R	E	S	S	■	P	R	I	N	T	E	R	S
W	H	O	L	E	■	W	O	U	N	D	■	R	U	E
A	R	M	Y	■	P	R	O	N	G	■	P	E	L	E
M	E	A	■	P	A	I	L	S	■	R	A	C	E	D
P	E	N	D	A	N	T	S	■	P	A	S	T	R	Y
■	■	■	A	R	C	■	■	C	A	N	S	■	■	■
A	D	A	M	■	A	R	G	E	N	T	I	N	A	■
R	A	J	A	■	K	A	R	A	T	■	N	O	D	S
C	R	A	G	■	E	R	O	S	E	■	G	A	Z	E
H	E	R	E	■	S	E	W	E	D	■	■	H	E	X

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